



The following pages of this special issue of the *Quarterly* have been compiled to offer assistance and hope to our sisters and brothers struggling with

depression and thoughts of suicide, and to offer help and support to those who have been touched by such tragic circumstances.

The following young women featured here have bravely shared their stories with the hope of encouraging others with similar hurts and struggles to seek help and know they are not alone.

# I can tell you this

By Becky Wehrspann, Features Editor

Ten years ago, **Kati Meyerhofer** was a recent college graduate, newly married and, for financial reasons, living with her husband, Zack, and her parents in her childhood home. She was working full time and balancing life as a wife and as a daughter under one roof. She wanted to please everyone and was afraid of letting anyone down.

"I was holding in all of my feelings, trying to make everyone happy, and I stopped taking care of myself," Kati says. "I could put on a really good face for everyone else — I was happy, smiling, laughing — but inside I was a complete and utter mess. I wasn't being a good wife, and I felt like I wasn't being a good daughter, which then affected my work. I felt like I was letting everyone down. I started to go deeper and deeper into depression and felt worse and worse about myself. I didn't want to talk to anybody, because I didn't even know what to say."

Early one morning, in 2009, Kati attempted to end her life — to quietly slip away and be free from the agonizing and paralyzing fear of failure and disappointment. When she realized what she had done, she went to her father, who was in shock and disbelief. She then woke her husband, who also couldn't believe what he was hearing. Dismayed that she had failed at even this, she left for work. Only there did her actions fully hit her. Kati's boss called her mother, who picked her up and took her immediately to a counselor.

The next two weeks were crucial — **Kati was not left alone**. "My parents and husband were taking rotations of someone always being with me," Kati says. "A psychiatrist was able to prescribe me medication. While talking to my parents and husband, I realized that what I was feeling, was only me feeling it, not them." They were not disappointed in Kati; they loved her. "I wasn't a burden on them, but I could use them to support me,

and we could rely on each other. I could be real; I didn't have to hide who I was. It took a long time to get out of the mindset that I was on my own.

"I continued doing therapy once or twice a week — a lot of talk therapy," Kati continued. "After the first month, Zack came too." The realization slowly came to Kati of the depth of love surrounding her. "This is what it's like to be loved and to have God love you, and to have a husband that loves you unconditionally. It was a transformation."

*Your word is a lamp to my feet and a light to my path (Psalm 119:105).*

"Zack's faith was very strong, and this was my husband's trigger that we needed more God in our lives," Kati says. "We started praying more at home. We were going to church every week. I started reading my Bible more often. I got a couples' devotion Bible that we were going through together. I was still seeing my therapist every two weeks, and Zack would come once a month. It took a long time for me to accept the fact that I had attempted to take my own life. I wanted to forget that it had happened. I just wanted to move on. I didn't want anyone to know."

*For we walk by faith, not by sight (2 Corinthians 5:7).*

Kati attributes her recovery to the love and support from her husband and parents, all while acknowledging her heavenly Father's compassion and mercy. "My faith was getting stronger," Kati says. "While I went through this, the Holy Spirit used God's Word to bring me to my heavenly Father."

Kati believes that, in her situation, it was by hitting bottom and having the support of her husband and pastor and parents that she could get through to recovery.

She and Zack also got involved in their congregation at Divine Savior in Hartford, Wisconsin. "If I didn't have this church, if I didn't have faith in Jesus my Savior, I would have died," Kati says. "I wrote out my story and Zack read it and Pastor read it and asked if I would be willing to read it in front of church. I was so scared; I didn't know what people would say or how they would treat me." But Kati let go of her fears and faced her congregation with the truth. "To see the love and compassion — the embrace I got from people after I shared my story — 'God's people do love me.' That's when I started sharing my story."

*But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect (1 Peter 3:15).*

After opening the door of conversation with the congregation, another opportunity came with the middle school youth. Kati and Zack chaperoned at a weekend youth gathering. "I started sharing my whole story — even the attempt on my life. A girl pulled me aside and told me she was thinking about (suicide). But after hearing my story, she had hope that things could get better. That's when I realized 'this is the reason I went through this, so I could save her life.' I told her to talk to her parents, and I promised I would follow up to make sure she had."

A week later, Kati saw her at church and asked how the conversation with her parents had gone. She confided that her parents were helping her get the help she needed and had assured her of their love and support. "I was so relieved that she got help, and that I wasn't reading a story that she had hurt herself," Kati said. "Every year I have someone pull me aside to tell me they were struggling or thinking about suicide. That's where I found my purpose — that God could use me to help save the life of someone else."



*This is the day that the LORD has made; let us rejoice and be glad in it (Psalm 118:24).*

Kati has not attempted to end her life again, but she continues to fight depression. After the birth of their son in 2012, she suffered from post-partum depression and began medication. In the following two years she endured an ectopic pregnancy and a miscarriage, both of which left

her questioning God's plan for their family's future. "I thought I was ready," Kati says, "but God was telling me I was not."

In June 2015, Kati and Zack welcomed a baby girl into their family. "The post-partum depression was even worse, but I was on top of it with my therapist, my husband, and some really good friends who could see my triggers," Kati says. "While I felt worse, it lasted less time because my support system was there." *(continued)*

## Take suicidal thoughts seriously.

Quite a few people suffering with serious depression routinely wish they didn't have to live any longer with the current turmoil, pain, shame, or helplessness in their lives. Although most of us find such thoughts alarming, it may be surprising to learn an individual can harbor suicidal thoughts for weeks, months, or years.

At some point, when life seems horribly difficult, the prospect of simply ending all the pain actually becomes a comforting thought. Such thoughts usually visit in the bleak hours of the evening and early morning when sleep is interrupted or impossible. The thoughts may be accompanied by a plan for how one chooses to end one's life. It is imperative you take any suicidal comments seriously and insist upon an evaluation.

If you're uncertain whether someone is having suicidal thoughts, then ask. Your inquiry will not cause another to harm oneself, but may allow for a life-saving conversation. If your recommendation of an evaluation is refused and you remain concerned about the safety of another, you may contact an emergency room, your pastor, a school counselor, or the police for capable assistance.

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**National Suicide Prevention  
Lifeline: 1-800-273-TALK (8255)**

## If you believe you may be suffering with depression ...

Make an appointment to talk with your pastor, a counselor\*, or a physician to tell them what has been happening in your life. Let them know many things have been very difficult for you, and they don't seem to be getting better.

**Your pastor** will provide spiritual care, inviting you to bring the resources of your faith with you into the conversation. He will offer scriptural wisdom, hope, prayer, and blessing; he will invite God to provide all that is required for you in each of the days ahead.

**Your physician** will talk with you about medicines that have been used to help countless people feel better and will talk with you about how medicine can help regularize your sleep, improve your concentration, elevate your mood, and increase your energy.

**Your counselor** will work with you as you begin to adopt new strategies that will contribute to your mental and emotional well-being.

Spend time with people whom you find encouraging, uplifting, and compassionate. Reduce the time you spend with people who are routinely negative, unkind, or unpleasant.

Continue to find comfort and confidence in everything our Lord teaches. Gather around His Holy Word and Sacraments where our Lord has promised to be present to bless us. Listen with a hopeful heart to the words of our LORD recorded in John 16:33: *"I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart; I have overcome the world."*

Above all, trust that God, our Father, who created you, Jesus Christ, who redeemed you by His death and triumphant resurrection, and the Holy Spirit who through the Word and Sacraments continues to bring you God's gifts, will continue to bless, keep, sustain, and comfort you throughout each of these difficult days and even to eternity.

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### *(Kati's story continued)*

Kati and Zack made the decision together for Kati to quit her job and be a stay-at-home mom. "That's when life changed for the better. I didn't have to feel like I was letting my kids, or my husband, or anyone else down. I was home. I could have that time with them," Kati says.

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose (Romans 8:28).*

Fellow church member Carolyn Blum introduced Kati to the LWML, inviting her to attend events and to serve as a Young Woman Representative (YWR) to the convention in Albuquerque. "LWML has given me an outlet and purpose. I need that time to be with God and these wonderful women, to have something in my life that I have a drive and a passion and a desire to do," Kati says. "As a stay-at-home mom, I struggle with 'what's my purpose?' The LWML is my purpose. I feel fulfilled, I can help others in need, and it gives me perspective. I see God's plan play out in the lives that I've been able to touch or influence because of my suffering."



*I can do all things through him who strengthens me (Philippians 4:13).*

"The only way I can truly get through a depressive cycle is by letting go of it," Kati says. "It was really difficult to acknowledge that I had to let go of trying to please everybody and do everything for everybody and be perfect at everything. Zack reminds me that God will take care of it. I can let go of it then — the weight of the world will leave me. I still have my struggles, but I've stopped thinking taking my life would be a solution." Q

*Kati trusts that God is in control of all things, and she is grateful for the strength and confidence from the Holy Spirit to share her story and support others who may be depressed or contemplating suicide. If you would like to reach out for support or invite Kati to speak at an event, you may reach her at [meyerhofer.kati@gmail.com](mailto:meyerhofer.kati@gmail.com).*

\*To find a counselor near you, check out the list of Recognized Service Organizations of the LCMS, including counseling services: [www.lcms.org/how-we-serve/mercy/recognized-service-organizations/directory](http://www.lcms.org/how-we-serve/mercy/recognized-service-organizations/directory)



*Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? ... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord (Romans 8:35, 38–39).*

**A**s sinful humans, we build walls around us to protect us from the outside hurts of this world. Abandonment, addiction, and abuse take their toll on our physical and emotional being. We attempt to separate ourselves from the hurt and pain, pushing away and isolating ourselves from others. But no wall is too strong for our heavenly Father.

**Jessica Kuehn** was born at 28 weeks gestation to a drug-addicted, alcoholic mother in Chicago. The lonely tag on her bassinet read: “failure to thrive.” Baby Jessica was not expected to live. But live she did.

After surviving the trauma of an early birth and its complications, Jessica grew up in several abusive foster homes. The physical, emotional, and sexual abuse continued for most of her childhood. She began to build a wall around her heart to protect her from the pain. Even when Jessica was adopted into a Christ-centered home, her adopted brother molested her.

Jessica began to question if God even existed; and if He did, why He was allowing this to happen to her. The wall continued to grow.

On her 20th birthday, Jessica’s boyfriend told her, “I really love you and want to marry you, but you’re too fat.” Even though she weighed only 115 pounds, she began to starve herself until her weight was reduced to 77 pounds. That’s when she heard the words, “I would marry you, but you’re too thin.”

More bricks were added to the wall.

Jessica’s starvation began to take its toll on her body. She found herself in a rehab facility that was supposed to help her get well, but the other residents opened the door for Jessica to learn about bulimia. She became afraid of food.

*(continued)*



## Be patient and tolerant.

Depressed people are rarely the life of the party. They can be self-absorbed and can seem almost to repel others in interpersonal situations, often ruminating about the same things, again and again. Often, they speak about themselves, their unhappiness, their helplessness, and their faults. Or, they simply sit silently with a faraway look on their faces. Keeping vigil with another is the willingness to sacrifice time and effort to bear another’s burden in love.

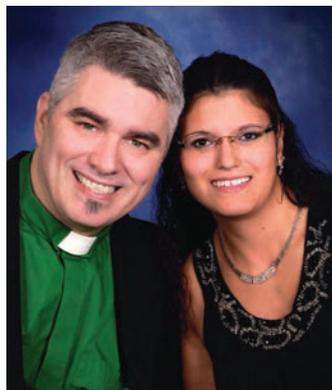
## Godly people don’t get depressed? *Not true.*

There are actually some people who believe that Christians can somehow be insulated from calamity simply by virtue of their Baptism and faithful lives. A brief review of biblical history shows us the torment of David, the psalmist, *How long, O Lord? Will You forget me forever? How long must I wrestle with my thoughts and every day have sorrow in my heart* (Psalm 13:1–2a). Other heroes of the faith suffered difficult days as well. When Moses was en route to the Promised Land, he had moments of despair. Elijah saw God’s mighty power on Mount Carmel, but he fled into the wilderness and wanted to die.

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1-800-273-TALK (8255), available  
24 hours a day, 7 days a week**

(Jessica's story continued)



The words, "You're too fat," rang in her head. Brick by brick, the wall climbed around her.

In 2006, Jessica met and married her husband, Todd, pastor of Beautiful Savior

Lutheran Church in Sarasota, Florida. But the wall she had built had not been broken down. Her fractured past continued to haunt her.

In 2010 she attempted to end her own life. Her actions resulted in 13 surgeries and many years of extreme pain. Jessica became dependent on pain medications. She asked her husband, "Why did you marry me? What do you see in me?" His loving response was, "I see a little girl who wants someone to love her, and I am that man."

Jessica was the Young Woman Representative (YWR) from the LWML Florida-Georgia District at the 2017 Convention in Albuquerque. She was amazed at the wonderful 75th Anniversary celebration event and loved traveling through LWML history — from its beginning and to the future of LWML.

Even though her experience as an YWR began to chip away at the fortress of protection she had built around herself, Jessica still needed more help.

In September 2018, at 85 pounds, Jessica entered an extreme 12-step treatment plan where she has been able to finally get the help she needs. She is learning how to deal with the disease concept of her brain and her dependence on painkillers. At age 35 she is finally able to gain a clear connection with her heavenly Father and His great love for her. Knowing of Jesus' love and compassion for her and, with the help of the Holy Spirit and encouragement of her husband, she is beginning to let go of her past hurts and allowing Him to break the walls she built.

"No matter how tall or hard you build a wall around yourself, your heavenly Father will punch through it to reach you," she says. He is using pieces of a broken wall and forming a smooth pathway of healing and restoration for His beloved child. 

## When suicide takes someone you love

As much as it feels like the whole world has stopped, eventually, life continues. And you will begin living again, too, though it may not feel like life for a long while. Be gentle with yourself. Take whatever time you need to grieve. Pour out your heart to the Lord, again and again and again. He will never turn you away.

As best you can, take care of others who are also survivors of this suicide. You can comfort one another and hold up each other in prayer. Grieving together is often easier than allowing grief to drive you apart. Others may be worrying about losing you as well. Reassure and comfort them. If you need it, take time to be alone, but also come back together with those who love you.

Lean on a Christian congregation or pastor for help. Allow people to care for you, even if it's just bringing you a casserole or offering to pick up the children from school. They are your family in Christ, and they love you. Ask them to pray for you — or if you're shy, get a friend to pass on what you need. People want to help.

Find a counselor to walk beside you if things seem to be getting worse, going on longer than you think they ought, or if you're tempted to commit suicide as well. The aftermath of suicide can include things like being easily startled, worrying all the time, having flashbacks, or being unreasonably angry with other people. There is medical help available for these things. If you need it, please get it.

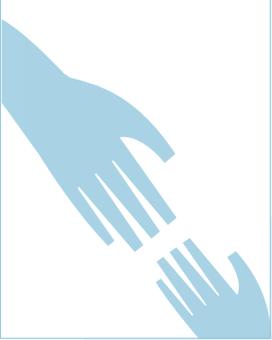
### Resource Information

Find a Christian counselor. If you are suffering from a loved one's suicide, or struggling with suicidal thoughts yourself, please seek a Christian counselor who can help you. To find one near you, visit [www.aacc.net/resources/find-a-counselor](http://www.aacc.net/resources/find-a-counselor).

American Association of Suicidology—crisis helpline: 800-273-TALK (8255) [www.suicidology.org](http://www.suicidology.org)  
5221 Wisconsin Avenue NW  
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# Hope unshaken

Children dream about their future — attending college, starting a family, and choosing a career. As

the years go by, those dreams turn to goals and sometimes reality. Other times we must let go to embrace the plans God has prepared for us. Jeremiah 29:11 reminds us: “... *I know the plans I have for you,*” declares the Lord, “*plans to prosper you and not to harm you, plans to give you hope and a future.*”

**Krisi Button** had dreams and goals. She watched many of them come to fruition, and she’s also seen how God’s plan didn’t always match her own. She shares with us part of her path, from the time she met her husband, hoping her twists and detours of suffering, and ultimate trust in her heavenly Father, can be an encouragement for others.

I met Chris as a sophomore in college. His pastor connected me with a pastor in LaCrosse, Wisconsin, where I was going to school. I took adult instruction and joined Luther Memorial Chapel in Shorewood, Wisconsin, where Chris and his family were very involved. There I found deeper explanations to what I had learned growing up and, through the work of the Holy Spirit, my faith was strengthened and grew. Chris and I got married there in October 2007.

**January 2009** Patrick was born; a textbook pregnancy.

**June 2010** Chris was hired by the Waukesha County Sheriff’s Department, which brought shift work, and police life, but it was his dream job.

**April 2011** We found out we were pregnant with baby #2 after months of trying. During an ultrasound a small cyst was discovered. My OB said it was “no big deal,” so we announced the pregnancy to our family and friends.

**June 2011** A second ultrasound revealed the small cyst had become much larger, so I was referred to an oncology surgeon, who ordered surgery immediately. I thought, “You can’t do surgery, there’s a baby in there!” It was the first major surgery of my life. I met with our pastor and, instantly, I was on every prayer list out there! It was a huge relief to know so many people cared enough to lift us up in prayer in the strong name of Jesus Christ. Cancer cells were not detected during surgery but were found afterward. I believe our baby survived because God, in His providence, did not let them find the

cancer during surgery — if so, they would have kept me open longer on the operating table, which had a higher risk of sending me into pre-term labor. Instead, I got a medical infusion device and had three rounds of “light chemo” during my pregnancy.

**September 2011** Isabella arrived six weeks early — tiny, but healthy. When she was three weeks old, I had surgery to “stage” the cancer and got the best news — it was stage one ovarian cancer — God was in control all along, timing my pregnancy so the cancer could be found early.

**October 2011–March 2012** While receiving chemo treatments, I chose to not focus on how sick I was, but to remember the good moments and God’s promises. Chris painted a mural over our bed that said: “We do not remember days, we remember moments.” This message, along with many Bible references, provided me hope. Knowing I was on those prayer chains is what kept me going to church. If that many people could turn to our heavenly Father, then so could I.

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13).*

**March 2012** I was cancer free and done with chemo! It felt great to get into a routine of just taking a deep breath and being a family. Then we realized how busy life is with two little kids! Chris and I worked really hard at staying connected, but it was a struggle.

**September 2012** I reduced my workload to be with the kids more. Chris’s income became primary, and he took care of the kids on his off days. It really helped with the childcare costs, but we hardly ever saw each other.

**October 2012** My mom took the kids for an entire week, and Chris and I went on a cruise — just the two of us! We knew we needed to find “us” again.

**March 2014** Baby Madeline arrived, our 3rd child — who doctors said I’d likely never have after chemo and only one ovary. Our miracle baby!

**November 2014** Chris and I agreed our family was complete with three children, so I had my last surgery to remove the remaining ovary. This cut my chances of cancer recurring in half. I entered surgical menopause at age 30, which impacted our love life beyond just parenting three kids. It was a whole new battle for us as a couple, and one that we weren’t expecting.

Our family was busy. Chris was taking extra shifts and working hard to make Lieutenant. He and I were doing nothing for the two of us — I was literally doing

## If you are the caregiver

It's possible that you are reading this, not because you are a survivor of suicide, but because you love someone who is. You can do a lot to help. Your simple caring presence makes a difference your friend may never be able to describe.

It's sad, but so many people have no idea what to do or say after a suicide. As a result, they tend to withdraw from the survivors and say nothing. Don't make this mistake. Their grief is unbearable. Even if all you say is "I'm so sorry," that will be worth more than gold and diamonds to them. You don't have to have the answers. You don't have to know what to say. Just love them.

Simple acts of care can be incredibly helpful. Don't just ask, "What can I do to help?" Chances are good they will tell you nothing, because they aren't thinking at all clearly just at the moment. Instead, put yourself in their shoes and imagine the small needs they cope with every day. For example, if it is a spouse who has died, the survivor is most certainly picking up numerous responsibilities they never had to deal with before — anything from grocery shopping to handling the income tax. And what about cooking, or mowing the grass? Little things can make a huge difference.

Resist the urge to tell the survivor how to grieve — to tell him that his feelings are somehow wrong or shocking, or to tell her that she's taking too long to get over it. People differ greatly in how they handle tragedy. If you're truly concerned that something is deeply wrong, talk with your pastor and ask his opinion. He will know how to suggest additional help, if necessary.

As you support your friend or loved one, be sure to take time to draw on the source of all strength, our Lord. It's tough caring for someone in pain. Don't try to do it on your own strength; make time to pray, read the Bible, attend worship, and come to the Lord's Supper. You need the comfort and strength that God provides as you love this survivor.

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*(Kristi's story continued)*

everything at home while he was working, and there was no "us" time.

**February 2016** Chris made Lieutenant. I put the badge on his chest, and Patrick got to help put the chevrons on his sleeve. It was a big promotion and a big deal, and a lot of people had encouraged him.

**March 2016** Chris came to me saying, "We're just so different, we've drifted apart." I agreed — it was life with three little kids, and our marriage got lost. But Chris had already decided he wanted a divorce. He said, "I know you feel the same way, there's just nothing left. We should just get a divorce and move on." NO!! That's not how it works. We fight for this; we figure this out!

**March–September 2016** Chris lived intermittently with his parents, on our couch, on our son's bottom bunk, and occasionally in bed with me. I fought for our marriage. We went separately to counseling, but Chris wasn't open to us going together. I found myself asking, mindlessly, "Why is God doing this to me?" Then it hit me that I was going to church because of Chris. Being part of that congregation, where regularly I heard His Word and received the Sacrament, had given me an understanding and nurtured my faith in a way that I didn't have growing up. Without meeting Chris and his family, I wouldn't have had that.

**September 2016** Chris's mom told me she couldn't watch me fight for our marriage anymore while Chris was lying to me; he had a girlfriend. I confronted Chris about the affair — he lied about it, and with a straight face. With no apparent trust left in our marriage, I asked him to leave. Divorce was something I never, ever wanted, but he pushed me to it. If I thought cancer was rock bottom, finding out he was lying definitely was rock bottom. The kids had just started a new school year, and I wanted them to finish it out in Waukesha. I asked Chris to give me a few days so we could file together, but he didn't wait. The lieutenant who was sworn in at Chris's side in February was the one who delivered the divorce papers.

**October 2016–May 2017** The kids and I started going back to Luther Memorial Chapel with Chris's parents so we could sit with them and I wouldn't be alone in the pew with three kids; doing that helped reconnect me with the place where I had joined the LCMS. It was also my reminder there were still good things.

**June 2017** We moved from Waukesha back to Hartford, only 10 minutes from my mom and stepdad. My kids had a backyard and their own bedrooms and a playroom — everything I always dreamed of them having. It finally felt like I could start over. I found a church home at Divine Savior in Hartford.



**November 2017** Our divorce was final.

**December 2017** Chris and his girlfriend bought a house and announced their pregnancy. I was trying to figure out how to watch a person I still love deeply be with somebody else.

**April 2018** Chris lost his job with the Sheriff's Department. He married his girlfriend, and she had their baby, but he couldn't provide for any of them. Without his job, he lost his identity.

**July 8–13, 2018** The kids spent a special, weeklong summer vacation alone with their dad. I saw pictures and they were having a really good time together.

**Monday, July 16, 2018** Just as I was turning into work that morning, my phone rang. It was Chris' wife. She said, "Krisi, Chris killed himself." I just needed to park my car and think. I finally walked in to work and found my boss. She could see it on my face, and just held me while I sobbed. She helped me get ahold of my dad, who drove me over to Chris's house.

*He gives strength to the weary and increases the power of the weak (Isaiah 40:29).*

**July 2018–present** Every day since that July has been a letting go of whatever plans I had. I can't control everything or plan for most things that happen in life. I planned to raise my kids with Chris and never divorce and certainly not be without him completely. I didn't plan to navigate such grief with my children before any of them were ten.

There are moments when somebody steps in and I see how Jesus is taking care of me through him or her. The Holy Spirit points me to articles and people so I know I'm not alone. It means a lot when you can find a connection to another human being. In the end, the heavenly Father has helped me focus on His promises and the positives and the happy moments life brings. Through all the many challenges and trials I faced in my life, God used these experiences to grow my faith and has made me become more dependent on Him. God's plan is to preserve my faith and family! Those are the truths and moments I want to remember and to share with my kids.

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God ... Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort (2 Corinthians 1:3–4, 6–7).* 

## The Hope we have

In the end, our help is found in one Person only, the Lord our God. As you grieve, as you walk through the valley of the shadow of death, He is with you, even when you cannot sense Him. We pray for you.

Together with you we look forward to the day when all loss will be at an end, when God ... *who sits on the throne will shelter them with His presence. They shall hunger no more, neither thirst anymore; the sun shall not strike them, or any scorching heat. For the Lamb (Jesus Christ) in the midst of the throne will be their Shepherd, and He will guide them to springs of living water, and God will wipe away every tear from their eyes (Revelation 7:15b–17).*

And in another place it says: *Behold, the dwelling place of God is with man. He will dwell with them, and they will be His people, and God Himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away (Revelation 21:3–4).*

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